

A close-up photograph of a pregnant woman with dark skin. She is wearing a light blue and green vertically striped button-down shirt. Her eyes are closed, and she has a gentle, contemplative expression as she looks down at her bare pregnant belly. Her hands are resting on her belly, one near the top and the other near the bottom. The lighting is soft and natural, highlighting the texture of her skin and the stripes on her shirt.

*When you're a mother, you're
smoking for two.*

Call 1-800-QUIT-NOW or visit stampoutsmoking.com

When you're pregnant, your choices affect not only your own body, but also the one growing inside of you. Smoking greatly increases the chances for your child to develop future health problems, like: **chest colds and coughs, ear infections, and even Sudden Infant Death Syndrome (SIDS).**

Because of the delicate life inside of you, it's even more important that you strive to become tobacco-free. Because of this, the Quitline offers pregnant women 10 free phone sessions. Just think of it as five for you, and five for your child.

Call 1-800-784-8669 for personalized, motivational and supportive sessions with a QuitCoach®.

- FIVE TO SIX CALLS MADE WITHIN 60 TO 90 DAYS OF ENROLLMENT ○
- ONE CALL MADE 30 DAYS PRIOR TO DUE DATE ○
- TWO CALLS PLACED AFTER BIRTH ○

Your baby needs a safe place to grow right now. She will also need a healthy mother and a smoke-free environment following her birth.

Do it for her, do it for you.



STAMP OUT SMOKING
ARKANSAS DEPARTMENT OF HEALTH
1-800-QUIT-NOW